RAW FOOD



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Expemo code:
19SQ-X2X9-LI31

1 Warm-up

What do you know about the raw food diet?

2 Key words

Read the sentences and match the underlined vocabulary with the definitions.

1. The raw food diet is no longer an alternative - it will soon go mainstream.
2. After lying on the beach for a few hours, Jane decided to take a dip in the cool water.
3. Vegetarians can't consume anything that contains meat.
4. The book club is very inclusive - anyone can join.
5. If you prepare this vegetable properly, it will retain its flavor.
6. John is an advocate of healthy eating.
7. The island is completely submerged. All you can see is a tree.
8. The ice cream looked so enticing, that she decided to break her diet.

a. a public supporter of something
b. attractive and tempting
c. become popular
d. completely covered by water
e. eat or drink
f. go for a swim
g. not lose
h. open to everyone

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3 Reading

Read the article on the next page and put T (True) or F (False) next to each statement below.

1. Raw food dieters can not consume any food that has been cooked at more than 104°F.
2. Most people only experiment with raw food from time to time.
3. Kale chips are prepared by baking.
4. Processing food without heat retains its nutrients and color.
5. A raw food diet is healthier than a diet that includes cooked food.
6. The writer encourages everyone to go on a raw food diet.



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THE INDEPENDENT

The rise of the raw food diet

It's been trendy for a while, but the raw food diet is going mainstream.

1. In the middle of winter, the idea of a raw food diet is about as enticing as taking a dip in a lake. It's cold outside; we want stews and soups and warm mashed potatoes, not untouched carrots and pressed beetroot juice, right?
2. Raw food is set to be a huge new trend, as consumers look for a back-to-basics approach to eating. The raw rules are simple: you can't consume anything that has been cooked at more than 104°F, as that is the point at which food loses much of its nutritional value. Think nuts, seeds, fruit, vegetables, and... not a lot else really.
3. While there are hardcore supporters who haven't even touched a warm lentil in years, raw foodism has become something that people like to try out from time to time.
4. "It just gets bigger every year," said Joel Gazdar, the co-owner and executive chef of London's Wild Food Café. The café also offers workshops: "We aim to be as inclusive as possible. Anyone can drop by and see what it's about. We try not to use words such as 'vegan' and 'vegetarian'; if we were like some strange cult with a whole bunch of rules, then people wouldn't enjoy themselves."
5. There's also a rise in raw snacks like kale chips, recently offered by the U.K.'s café chain Pret a Manger.
6. "We hope the kale crisps will appeal to everyone who likes to try something new," said Clare Langford, the chain's acting food director. "They are a healthier option and are lower in fat and calories than standard chips, but contain 86 percent of your daily requirements of iron. This is because the kale is dehydrated for 16 hours rather than fried or baked, so all of the nutrients are locked in." Surprisingly, the crisps are delicious: crunchy, salty, and liberally sprinkled with onion powder.
7. In keeping with the growing demand for raw goods, Pret has also just launched a range of freshly pressed juices and smoothies, which are processed without heat to retain their color, nutrients, and fresh flavor. They include the Green Goodness, which is filled with cucumber, celery, apple, lime, ginger, and spinach, and have a price-tag to match their expensive, high-end production.
8. Meanwhile, Nakd bars (which are also very tasty for a sweet "treat" made exclusively from dates, fruit, nuts, and apple juice) continue to pop up in more and more places, while raw bars made from chia seeds (a so-called superfood that belongs to the mint family) have a home in just about every model's handbag.
9. But just how healthy is a raw food diet? "If you're eating raw then you're preserving nutrients," Jo Travers, a registered dietitian who runs The London Nutritionist, said. "But you're also missing out on all sorts of things. I know plenty of people who have introduced a raw food element to their diet, which is perhaps preferable. A healthy, balanced diet is so called because it's healthy and balanced."
10. While more and more people are becoming full-time advocates of the raw food way of life, much like your local lake right now, it might be advisable to dip a toe in, rather than fully submerging yourself.

Adapted from The Independent, Tuesday, January 8th, 2014, by Gillian Orr

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4 Checking understanding

Answer the questions below.

1. Why are people choosing a raw food diet?
2. Why doesn't the Wild Food Café in London use the word 'vegetarian' ?
3. Why do kale chips contain less fat than normal crisps?
4. Why are Pret's smoothies expensive?
5. What kind of diet is healthy according to dietitian Jo Travers?

5 Food and drink

Look at these words from the text. Put them into the categories below.

apple	a soup	a stew	beetroot	carrot
celery	chia seeds	crunchy	cucumber	dates
ginger	kale	lime	mashed potato	mint
salty	spinach			

Vegetables	Dish	Herbs, seeds and spices	Fruit	Flavor and texture

Which of the ingredients are popular in your country's cuisine?

6 Phrasal verbs

Complete the definitions below with the infinitive forms of the underlined phrasal verbs in the article.

1. _____ : to test; to experiment with something
2. _____ : to visit someone briefly
3. _____ : to appear suddenly
4. _____ : to fail to take advantage of an opportunity
5. _____ : to preserve, keep inside

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Complete the sentences below:

1. I'm going to _____ a different computer system. I'm tired of the same one.
2. Hurry up! If you don't get to the stores on time, you will _____ the sales.
3. I'm going to be at home all afternoon, so _____ if you find some time.
4. His pictures _____ in my Facebook news feed from time to time.
5. Refrigerating food in a plastic container will _____ the flavors.

7 Talking point

Would you try a raw food diet? Why/why not?

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